

## Lesson Plan

<b>Title:</b> <b>Target:</b> <b>Audience:</b>	Got Milk?  Kindergarten students														
<b>Statement of Purpose &amp;/or Objective:</b> Identify & discuss the importance of dairy cattle and dairy products.															
<b>Materials Needed:</b> Whipped cream, salt, one quart jar, cheese, ingredients for smoothies															
<b>Reference Material:</b> Midwest Dairy Association's <u>Moo To You</u> video; " <u>Dolly the Dairy Cow</u> " coloring book,  <div style="text-align: right;">National FFA Association, "Food for America" literature - "How to Make Butter".</div>															
<b>Show-Me Standards:</b> <div style="display: flex; align-items: flex-start; margin-top: 10px;"> <div style="border: 1px solid black; padding: 5px; margin-right: 10px; text-align: center;">             Knowledge - Content              Performance-(Goals)           </div> <div> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%; vertical-align: top;">HP.3</td> <td>Diseases and methods for prevention, treatment and control</td> </tr> <tr> <td style="vertical-align: top;">CA.3/(1.3)</td> <td>Design and conduct field and laboratory investigations to study nature and society</td> </tr> <tr> <td style="vertical-align: top;">HP.6</td> <td>Consumer health issues</td> </tr> <tr> <td style="vertical-align: top;">(3.1)</td> <td>Identify problems and define their scope and elements</td> </tr> <tr> <td style="vertical-align: top;">(3.5)</td> <td>Reason inductively from a set of specific facts</td> </tr> <tr> <td style="vertical-align: top;">SC.8</td> <td>Impact of science, technology, and human activity on resources and the environment</td> </tr> <tr> <td style="vertical-align: top;">(4.7)</td> <td>Identify and apply practices that preserve and enhance the safety and health of self and others.</td> </tr> </table> </div> </div>		HP.3	Diseases and methods for prevention, treatment and control	CA.3/(1.3)	Design and conduct field and laboratory investigations to study nature and society	HP.6	Consumer health issues	(3.1)	Identify problems and define their scope and elements	(3.5)	Reason inductively from a set of specific facts	SC.8	Impact of science, technology, and human activity on resources and the environment	(4.7)	Identify and apply practices that preserve and enhance the safety and health of self and others.
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<b>Introduction or Motivation:</b> Students will be asked questions about their favorite sport(s) and the importance of good health to their performance.															
<b>Teaching Procedures:</b> Refer to the table on page 2 for the <b>Steps and Procedures</b>															
<b>Learning Activities:</b> <i>How to make butter from the National FFA Food for America literature.</i> Class can be divided into teams. Each group is assigned a team name from a dairy breed (ex: Holsteins, Jerseys, etc). Butter is made by taking a one-half pint carton of whipping cream and 1 teaspoon of salt. The ingredients are placed in a one-quart jar with a tight fitting lid. Allow each student to shake jar about twenty times. Stir and serve on crackers.															
<b>Conclusion:</b> Dairy cattle play an important role in today's society. They provide us America's favorite treat, ice cream along with other dairy products such as milk, cottage cheese, butter, sour cream,. Dairy farmers are dedicated to their profession and work hard to take good care of their cattle. These dairy cattle provide an avenue for which children can receive their daily allowance of calcium to build strong bones.															

Study Questions (Steps)	How to Do it (Procedures)
Motivation	Ask students' questions about their favorite sports and good nutrition
1. Explain how milk gets to the grocery store.	<p>The process of how milk gets from the farm to the table will be explained</p> <ul style="list-style-type: none"> <li>a. Cows are milked twice daily in a milking parlor</li> <li>b. Explanation of udder care</li> <li>c. Milking process</li> <li>d. Post udder care</li> </ul>
2. Describe how cheese & butter is made	Butter making activity
3. Investigate the importance of calcium in our diet	a. demonstration: bone density

## Appendix

Midwest Dairy Association, Stacy Wilson, Industry Relations Manager,  
Educational publications for public domain

Mike Moreland, Moreland Dairy Farms, Harrisonville, MO  
interview and assistance with visual aids

National FFA Organization, Food for America Curriculum

[www.gotmilk.com](http://www.gotmilk.com)

[www.nutritionexploration.com](http://www.nutritionexploration.com)